

BREAKFAST (until 3pm)

Organic sourdough or seedy sprout loaf or House made seed bread (GF) toasted with butter & your choice of (raw honey, berry & chia jam, carrot marmalade, ABC nut butter, house made nutella or organic crunchy peanut butter)	7/8.5
Organic fruit loaf toasted with butter	7.5
Banana, zucchini, pistachio & date loaf (GF) toasted with butter	6
Seed, nut & coconut bircher muesli soaked in greek yoghurt & fresh apple juice, topped with crunchy nut mix, and fresh fruit salad (GF)	13.5
House-made buckwheat, almond & cranberry granola (GF) OR Natural muesli w/ yoghurt & fresh fruit salad	13.5
Mango & chia smoothie bowl made with almond milk with orange, mandarin, mint, gogi berries & a puffed rice, coconut, ginger & buckwheat granola (GF & vegan)	13.5
Breakfast rolls (check deli display)	from 10
Big Breakfast; 2 poached eggs on toasted sourdough with bacon, mushrooms, spinach, sumac tomatoes and kasundi	22
Avocado with beetroot hummus, dukkah & local sauerkraut on house seed loaf (vegan & GF)	16.5
Quinoa & black beans warmed in half a capsicum topped with sliced avocado & coriander dressing with a tomato salsa (vegan & GF)	16.5
Grilled mushrooms, fried fetta, rocket, local basil pesto, currants & panko crumbed poached eggs (GF option available)	16.5
Hot ricotta fritters with raspberry & orange compote and a white chocolate, orange & quinoa shard & macadamia ice-cream (Gluten friendly)	16.5
Poached free-range eggs on sourdough toast (seeded sprout, sourdough or GF bread available too) with house kasundi	9.5/10.5
extras	
Free range bacon, sliced avocado w/ za'atar	4.5each
Sumac roasted tomatoes, spinach, mushrooms	3.5each
Meredith goats cheese, kasundi or basil pesto	2.5each



Gluten Friendly

(may not suit coelics as we only have one deep-fryer, which is shared with gluten containing products)

PLEASE ORDER & PAY AT THE COUNTER
10% SURCHARGE ON PUBLIC HOLIDAYS

KIDS

1 piece of toast with spread, or add 1 poached egg	5/7
French toast with maple syrup & vanilla ice-cream	8.5
Lunch box - cheese sandwich, fruit & choc buttons	5.5
Flyin' Fox organic icy poles(Choc milk, lemon or orange & mango)	4



LUNCH (from 12-3)

Spicy veggie chips; cauliflower, sweet potato & carrot with sunflower, miso & parsley dip (vegan & Gluten friendly)	12
Soup special	13
Weekly changing specials (check boards)	Price Variable
Kyosk daily wraps & toasties (check deli display)	From 10
Cauliflower falafel with house pickled veg, beetroot hummus & za'atar spiced chickpeas (vegan & Gluten friendly)	16.5
Raw zucchini noodle salad with Lonsdale cherry tomatoes, rocket pesto, almonds, toasted pepitas, peas, mint & spinach (vegan & GF) (add goats cheese for non-vegans!)	15/17.5
Spinach & feta gozleme (2 pieces) OR Turkish lamb pizza with dressed salad	15
Mexican chicken in crisp tortilla with black beans, charred corn, salsa, chilli, tomato & coriander (free range & dairy free)	18.5

DRINKS

Freshly squeezed Orange or Apple Juice	7
Proud Mary Coffee	3.8/4.4
Espresso	3.2
Piccolo café latte	3.8
Filter coffee	4.5
MOFO hot chocolate (vegan, GF & refined sugar free)	4.4
Soy milk/single origin/double shot/mocha/extras @	0.5
Almond milk/Coconut milk	1
Baby cino (50c goes to local charity)	1.5
Filtered sparkling water in a carafe to share	3
Larsen & Thompson loose leaf tea served in the pot	3.8
House made juices & smoothies (see specials board)	from 7
Kids banana smoothie	4.5
Chai latte (Calmer Sutra chai) - brewed in the pot with local honey	4.5
Ginger, pear & lime hot tonic	4.5
Iced coffee/Iced chocolate/milkshakes (chocolate, strawberry or vanilla)	5.5
Parkers juices & Iced tea	5.5
Kombucha (great gut health!) OR Kombucha carafe w/ ginger, lemon & mint	5.8/10
Softies	from 3.2